



Manual Handling

Duration: 4 hours (1/2 day)
Non Accredited

Accreditation

This workshop is currently not accredited, however a certificate of attendance can be provided for C.P.D purposes.

Introduction/Summary

More than 25% of the accidents reported each year to the HSE are associated with Manual Handling. TheLightBulb's 1/2 day manual handling training course will provide your staff with the knowledge needed to reduce the risks from manual handling activities and understand the basic technique for completing a safe lift.

This workshop can be delivered at our dedicated training centre in Basildon or tailored to meet your needs and delivered at your own premises. For in house training there is a **maximum limit of 8** attendees.

Content

The workshop aims to cover the following content:

- Legislation
- Ergonomics
- Back care
- Statistics
- Duty of care
- Risk assessment
- Use of the equipment
- Moving of everyday items
- Transferring of people and loads manually
- Trainer assessment of the candidates

Requirements/Pre Requisites

There are no pre-requisites for this course.